



NEW YORK
STATE OF
OPPORTUNITY.

Office for
the Aging



Stronger Together!

GET FIT. FEEL GREAT. BE STRONG.

Join live, large-group fitness classes **designed for older adults** - completely **FREE!**

- Fun, safe workouts that **you can join from home**
- Improve your **strength, balance, and mobility**
- Connect with others in a **welcoming community**
- Classes are offered:
 - Monday at 2:15p ET
 - Tuesday at 6p ET
 - Wednesday at 2:15p ET
 - Thursday at 5p ET
 - Friday at 10a ET

Sessions on Monday and Wednesday are led at a slower pace, with chair-based levels as options

To participate,
you just need:



COMPUTER/TABLET



INTERNET

Classes start in August!

Register online at

<https://teamvivo.com/NYGroup>

Questions? Email care@teamvivo.com